POPRADZKI
PARK KRAJOBRAZOWY

Information
Booklet

Poprad
LANDSCAPE PARK

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Małopolska Landscape Parks Complex
ul. Vetulaniego 1A
31-227 Kraków www.zpkwm.pl

Texts:
Anna Boguś, Piotr Dmytrowski, Iwona Szczygieł,
Anna Świsterska

Photos:
Piotr Dmytrowski, Marek Kroczek, Piotr Sułek, Iwona Szczygieł,
Anna Świsterska, Krzysztof Tomasiak, Bernadetta Wacławek,
materiały archiwalne ZPKWM

Map:
Piotr Sułek

Editorial Team:
Marek Kroczek, Marcin Guzik, Iwona Szczygieł, Anna Świsterska

Proofreading:
Klaudia Bień

Design and Layout:
Dariusz Grochal | Skład Liter | Grafika wydawnicza

Copyright by:
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Translation:
Monika Dąbrowska

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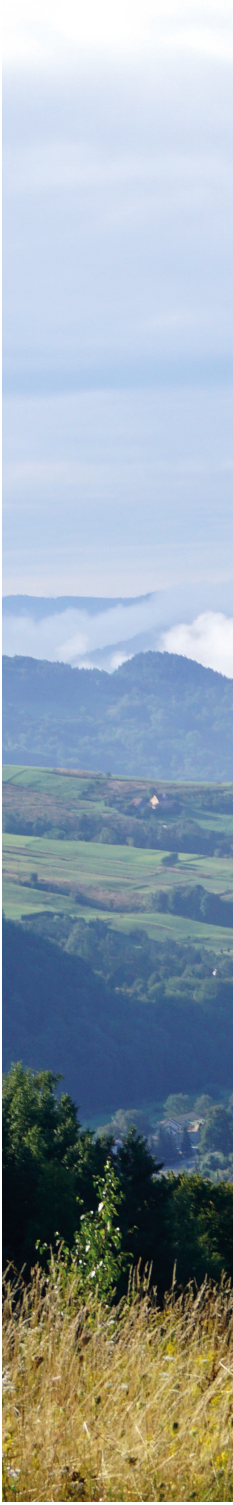
Poprad Landscape Park

The area boasts extraordinary natural, historical, and scenic values. Picturesque valleys of the Dunajec and Poprad Rivers, the forested mountain ranges of Radziejowa and Jaworzyna Krynicka, and rich biodiversity are the fundamental features of this Park. Its significance is underscored by the establishment of the Natura 2000 area „Poprad Valley Refuge", which largely overlaps with the Poprad Landscape Park. Adding to its charm are the renowned health resorts famous for their therapeutic waters, making this region one of the most attractive destinations in Poland.

General Information

Fly agaric

Established in 1987, the Poprad Landscape Park is the largest landscape park in Małopolska and one of the largest in Poland. It covers an area of 53,419.14 hectares, encompassing most of the Beskid Sądecki mountain range. The park stretches from Krynica and Tylicz in the east to Krościenko and Łącko in the west, and from Stary Sącz in the north to the border with Slovakia in the south.



The landscape of the Beskid Sądecki

Park Features

Geological Structure

The foundation of the Park consists of typical flysch rocks belonging to the Magura nappe. It is composed of alternating layers of sandstone, conglomerates, and mudstones (shales). The highest elevations of the Poprad Landscape Park, such as the peaks of the Radziejowa and Jaworzyna Krynicka ranges, are formed from particularly hard and erosion-resistant Magura sandstones. In contrast, the valleys are more commonly composed of less durable sandstone-mudstone layers.

Diabelski Kamień (Devil's Stone)

The geological wealth of the Park includes its mineral waters, primarily bicarbonate-calcium-magnesium waters, as well as sulfur waters. These springs are concentrated mainly in the areas of Krynica-Zdrój, Muszyna, Żegiestów, Piwniczna, Szczawnica, and Łomnica-Zdrój. A geological curiosity in the region of Muszyna-Złockie is the presence of mofettes—natural sites where carbon dioxide escapes from the ground.

▶ Rzeźba terenu

The Park, with its distinctly mountainous character, is situated within the Beskid Sądecki and the Leluchowskie Mountains. The area features ridges exceeding 1,100 metres above sea level, with steep slopes dissected by deep valleys. The large Carpathian river Poprad flows through the Park, while the Dunajec River runs along part of its western boundary. Their smaller tributaries have carved picturesque valleys throughout the region.

Due to the slope inclinations and geological structure, numerous landslide formations are present. While many of these landslides occurred centuries ago and are now inactive, their outlines remain visible. The most notable examples can be observed around “Zadnie Góry” and “Wierch nad Kamieniem”. Associated with these are rock formations that are closely linked in terms of their genesis. The most significant formations include the Devil’s Rock (Diabelski Kamień) under Jaworzyna Krynicka, the Devil’s Rocks (Diabelskie Skały) near Hala Łabowska, and rock outcrops near “Wierch nad Kamieniem”. These are composed of erosion-resistant Magura sandstones, showcasing intriguing sedimentary and weathering structures. Small landslide ponds, also associated with these formations, now serve as habitats for interesting low-bog vegetation. An example is Czarna Młaka Pond above the village of Powroźnik, which is recognized as a nature monument.

Other valuable geomorphological features in the Park include caves formed through tectonic, gravitational, or erosion-weathering processes. These are often associated with landslide areas and result from the shifting of rock layers. Typically, they consist of narrow, winding corridors of relatively short lengths. The most remarkable, though formally inaccessible and highly dangerous to explore, include Złotniańska Cave, Bear Cave (Jaskinia Niedźwiedzia), Windy Holes (Wietrzne Dziury), and Roztoczańska Cave.

Czarna Młaka (Black Bog-Spring)

▶ Vegetation

The plant life in the Poprad Landscape Park is exceptionally rich and colourful. Forests cover over 70% of the Park's area, with the largest portion consisting of Carpathian beech forests. These forests are dominated by beech trees but also include species such as silver fir, Norway spruce, European larch, sycamore maple, silver birch, grey alder, and European ash. Due to various factors, including soil type, altitude, terrain exposure, temperature and humidity variations, as well as human activity, the vegetation is highly diverse.

A distinctive feature of the Park is its clearly defined vegetation zones. Most of the Park lies within the foothill zone, reaching up to 500 metres above sea level. This is the area most transformed by human activity. It is dominated by cultivated fields and meadows, interspersed with extensive patches of mixed forests containing linden, hornbeam, beech, and birch trees. Along the edges of streams and the Poprad and Dunajec Rivers, alder riparian forests can be found, along with reed and marsh vegetation, including common reed, reed canary grass, water horsetail, and plicate sweet-grass.

Patch of wild garlic

Marsh gladiolus

The transition to the lower montane forest zone, reaching up to an altitude of 1,100 metres above sea level, is remarkable in spring for its rich undergrowth, featuring snowdrop, bird-in-a-bush, various species of Cardamine, wild garlic, and the goat's beard. This is the domain of fir and beech trees, which, along with other accompanying species, form the habitat of Carpathian beech forests. At the forest floor, one can also encounter wood anemone and cowslip, while in summer, the area offers raspberries and wild strawberries.

Within this zone, apart from forests, there are meadows and pastures. Among the most valuable are the ryegrass meadow, dominated by the false oat-grass, chrysanthemum, and spreading bellflower, as well as the gladiolus meadow, characterized by the beautiful marsh gladiolus and common bent. Special attention should be given to the protected stemless carline thistle and numerous species of orchids.

The upper montane forest zone, found above 1,100 metres above sea level, is a less diverse spruce forest interspersed with blueberry

patches. However, even here you can find noteworthy natural curiosities as thermophilic alpine plants such as alpine avens and dwarf yellow cinquefoil.

The Park is home to the only location in Poland where the large-fruited hawthorn blooms in autumn. Also noteworthy is the presence of the endemic bird's-eye primrose, which, along with two-leaf squill, is listed in the Polish Red Book of Plants as a species vulnerable to extinction.

Fauna

The extensive and dense forest complexes of the Poprad Landscape Park provide excellent conditions for many animal species. They are home to numerous large mammals such as roe deer, red deer, and wild boar. Permanent residents of these forests also include wolves, red foxes, European pine martens, and European polecats. The feline family is represented by Eurasian lynxes and European wildcats, while the Park's largest predator is the brown bear. With a bit of luck, one might also spot the European badger, stoat or weasel. The valleys of mountain streams flowing into the Dunajec and Poprad Rivers are inhabited by various rodents, including the beaver and water vole. The European otter can also be encountered here. The protected area of the Park serves as a habitat not only for mammals but also for over 160 bird species. Among them are exceptionally rare forest grouse species in Poland, such as the western capercaillie and hazel grouse, as well as many other particularly valuable species, including the Eurasian eagle-owl, Ural owl, alpine accentor, lesser spotted eagle, and the majestic golden eagle. This area is also a nesting site for the black stork and home to the largest woodpecker in Poland, the black woodpecker, along with numerous songbird species, creating a very diverse and rich avifauna.

The wide variety of natural habitats within the Park allows for the presence of nearly all amphibian and reptile species native to Poland. While traversing the forest trails, one might encounter not only the common frog and common toad, but also the grass snake and even the adder. A remarkable rarity is the Aesculapian snake, which is very rare in Poland.

The diversity of reptiles is further represented by lizards, including the viviparous lizard, sand lizard, and the legless slow worm. In aquatic and marsh habitats, one can observe all species of Poland's tailed amphibians, including the fire salamander, which inhabits mountain streams, as well as all four native species of newts. Equally fascinating

Fire salamander

Nadobnica alpejska

are the tailless amphibians, represented by the yellow-bellied toad, along with numerous toads and frogs, whose spawn can be observed in larger and smaller water bodies, and even in puddles near trails.

The rich vegetation of forest meadows is cared for by 65 species of colourful butterflies, along with other buzzing and conspicuous insects. They are impossible to miss, especially on sunny days, when swarms seem to accompany tourists on their journeys. Among the butterflies, the Old World swallowtail, the scarce swallowtail, and the clouded Apollo stand out with their spectacular appearance. The Park is also home to one of the most beautiful beetles in Poland, the alpine longhorn.

▶ Historical Monuments

Church in Leluchów – A wooden church from 1861, featuring a Rococo and Classicist iconostasis.

Church in Dubne – A wooden church from 1863.

Church in Wojkowa – A wooden church dedicated to Saints Cosmas and Damian, dating back to the late 18th century.

Church in Andrzejówka – A wooden church dedicated to the Dormition of the Mother of God, built in 1864.

Church in Szczawnik – A wooden church dedicated to Saint Demetrius of Thessaloniki, built in 1841, with a beautiful Baroque iconostasis.

Church in Złockie – A wooden church from 1867–1872, dedicated to Saint Demetrius, Knight and Martyr.

Church in Jastrzębik – A mid-19th-century church dedicated to Saint Luke.

Church in Słotwiny – A wooden church from 1888.

Church in Łosie – A Greek Catholic wooden church dedicated to Saint Michael the Archangel, built in 1826.

Church in Milik – A wooden church dedicated to Saints Cosmas and Damian, dating back to 1813.

Church in Powroźnik – A wooden church dedicated to Saint James the Less, Apostle, built between 1604 and 1606.

Church in Krynica-Zdrój – A brick church dedicated to the Transfiguration of the Lord, built between 1887 and 1892.

Church in Piwniczna-Zdrój – A brick church dedicated to the Nativity of the Blessed Virgin Mary, constructed between 1881 and 1886.

Castle in Rytro – Ruins of a castle built at the turn of the 13th and 14th centuries.

Castle in Muszyna – Ruins of a 14th-century castle on a hill above Muszyna.

Old Spa House in Krynica-Zdrój – An impressive Renaissance-style palace-like building constructed between 1880 and 1889.

Villa Romanówka – A 19th-century villa in Krynica-Zdrój, now serving as an art gallery.

Słotwinka Pump Room – A wooden „Chinese" pavilion originally built in 1808 and relocated in 1863 to Słotwiński Park in Krynica-Zdrój.

St. Demetrius Orthodox church in Szczawnik

Nature Conservation

The Poprad Landscape Park also encompasses other forms of nature conservation. These include nature reserves, nature monuments, ecological sites, and Natura 2000 areas.

Nature Reserves

A nature reserve is one of the highest forms of legal protection, designated for exceptionally valuable areas. Within the Park, forest reserves are the most common, though they also protect other natural features. It is important to note that in a nature reserve, walking is only allowed along designated tourist or educational trails.

"Las Lipowy Obrożyska" Nature Reserve

"Baniska" Nature Reserve

Reserve "Baniska"
- Year of establishment: 1924 (reactivated in 1955)
- Area: 141.96 ha

Forest reserve: Protects natural, mountainous forest communities, primarily composed of fir-beech forests with a small admixture of spruce.

"Barnowiec" Nature Reserve
- Year of establishment: 1924 (reactivated in 1957)
- Area: 44.57 ha

Forest reserve: Dominated by Carpathian beech forests, with smaller patches of montane sycamore forests.

"Hajnik" Nature Reserve
- Year of establishment: 1974
- Area: 16.63 ha

Forest reserve: Protects a natural fir forest.

"Kłodne nad Dunajcem" Nature Reserve
- Year of establishment: 1964
- Area: 79.51 ha

Forest reserve: Protects natural communities of Carpathian beech forests and acidophilus beech forests.

"Las Lipowy Obrożyska" Nature Reserve
- Year of establishment: 1919 (reactivated in 1957)
- Area: 98.67 ha

Forest reserve: Established to preserve a primeval hornbeam-linden forest.

"Lembarczek" Nature Reserve
- Year of establishment: 1985
- Area: 47.16 ha

Forest reserve: Protects natural fir-beech stands and individual specimens of sycamore maple.

“Łabowiec” Nature Reserve
- Year of establishment: 1924 (reactivated in 1957)
- Area: 53.85 ha

A forest reserve protecting fragments of primeval fir-beech forest.

“Nad Kotelniczym Potokiem” Nature Reserve
- Year of establishment: 1959
- Area: 26.50 ha

A typical forest reserve protecting primeval lower montane forest, primarily in the form of Carpathian beech forests.

“Okopy Konfederackie” Nature Reserve
- Year of establishment: 1963
- Area: 2.62 ha

A small nature reserve with a landscape-historical character.

“Pusta Wielka” Nature Reserve
- Year of establishment: 1963
- Area: 2.58 ha

A small forest reserve primarily protecting natural lower montane forest with a relict population of pine.

“Uhryń” Nature Reserve
- Year of establishment: 1924 (reactivated in 1957)
- Area: 16.51 ha

A forest reserve protecting old-growth beech-fir forest, a remnant of the Carpathian Forest

“Wierchomla” Nature Reserve
- Year of establishment: 1983
- Area: 25.37 ha

A reserve protecting natural beech-fir forest and rock formations.

“Żebracze” Nature Reserve
- Year of establishment: 1995
- Area: 44.67 ha

A forest reserve protecting natural beech-fir forest, unique lichen habitats, and rock formations.

▶ Nature Monument

Within the Poprad Landscape Park, there are nearly 130 nature monuments. These individual forms of protection primarily include remarkable trees, tree-lined avenues, rock formations, springs, mofettes, ponds, and streambeds. Among the trees, the most frequently protected species are small-leaved lime, European larch, pedunculate oak, European ash, eastern white pine, and birch.

Protected rock formations are mainly located in ridge areas and are composed of flysch sandstone-conglomerate formations. Examples include „Wierch nad Kamieniem", „Devil's Rock" (Diabelski Kamień), „Devil's Walls" (Diabelskie Ściany), and formations near Łomnica-Zdrój and Wierchomla. Numerous springs are also designated as nature monuments, found in locations such as Rytro, Szczawnik, Jastrzębik, Łomnica-Zdrój, and Wierchomla Wielka.

One of the most valuable nature monuments is the mofette in Muszyna-Złockie. This protection category also applies to Czarna Młaka (Black Bog-Spring) Pond in Powroźnik, the pond in Wierchomla, and the streambeds of Łomniczanka Stream and Życzanowski Stream.

▶ Natura 2000 Area

Natura 2000 Area „Poprad Valley Refuge"

The special area of conservation covers 57,930.98 hectares and significantly overlaps with the Poprad Landscape Park, encompassing the Radziejowa and Jaworzyna Krynicka mountain ranges. Key features of the site include well-preserved natural forests, mountain meadows, spring areas, and the valleys of major mountain rivers. The area is predominantly covered by fir-beech forests. In the highest mountain zones, extensive stretches of spruce forest are present. River valleys are characterized by deciduous forests, including oak-hornbeam forests, riparian forests, and willow thickets. In total, 11 types of habitats of European conservation importance have been identified in the area. The forests are home to a rich variety of wildlife, including typical forest species such as brown bear, Eurasian lynx, European wildcat, wolf, black stork, Eurasian eagle-owl, golden eagle, and many others.

▶ Ecological Sites

Bunior

An ecological site established in 2009, located in Wierchomla Wielka, near the primary school. It protects habitats of valuable plant and animal species.

Thistle Meadow

An ecological site located in the Rytro municipality, near the "Perła Południa" Hotel. It was established in 1998 to protect a wet meadow with valuable plant species.

"Łomniczanka" spring in Łomnica-Zdrój

Commune Ecological Park
Located in the valley of the Roztoka Wielka stream, this ecological site protects unique habitats of fauna and flora characteristic of wetland areas in the mountains. It was established in 1998.

Old Quarry
An ecological site located in the Roztoka Valley, within the area of an old quarry. Established in 1997, it protects the following features: a sandstone cliff composed of Magura sandstone, a spring fen covered with wetland vegetation, and fragments of xerothermic grassland.

Worth Seeing

The Poprad Landscape Park is home to numerous sites of exceptional natural, cultural, and historical value. Several of these are particularly worth visiting:

▶ Geological Sites

Uhryń stream Gorge
A small but fascinating gorge located in the northern part of the Park, near the village of Łabowa. The gorge was formed due to intense water erosion, both vertical and lateral. Exposed within the streambed and along its banks are rocks belonging to the Belovez Formation and Łabowa shales, estimated to have formed 23–65 million years ago

Rocks in Uhryń stream

(Paleogene period). These rocks are heavily folded in this region, often at varying dip angles. The meandering course of the stream causes the rock layers to alternate between parallel and transverse alignments to the flow of the water.

In the upper part of the gorge, thin layers of sandstones and mudstones from the Belovez Formation are visible. Lower down, colourful, mottled shales, known as „pasiak", dominate. Individual layers reveal numerous hieroglyphs, which are imprints of forms created on the ancient seafloor. Additionally, many calcite arrows—occurrences of white, crystalline calcite—can be observed. The variety of colours and the arrangement of the rock layers create a unique mosaic, adding to the exceptional character of this location. A nature trail with informational boards runs along the stream, providing an educational experience for visitors.

Mofette in Muszyna-Złockie

This site is unique in the region, if not in the entire country. It is located in the bed of a marshy stream, above the buildings of Muszyna-Złockie. A mofette is a place of dry carbon dioxide exhalations. Its position in the stream gives it a specific character—the release of CO2 is clearly visible as bubbles that create the impression of boiling water. Along with the gas, mineral waters of the HCO3-Ca-Fe type also emerge.
The mofette is located on a tectonic fault, where sandstone and shale formations meet. These belong to the Malinowa Shale Formation, the Szczawnica Formation, and the Zarzecze Formation.

This site was named in honor of Professor Henryk Świdziński, a prominent Polish geologist. It is protected as a nature monument. The

Prof. H. Świdziński CO_2 Mofette

site has been adapted to meet the needs of tourists, featuring a dedicated platform, steps, and informational boards.

▶ Cultural Sites

Krynica-Zdrój

One of Poland's largest and most important mountain health resorts, Krynica-Zdrój has been in operation since the 18th century and was officially recognized as a spa town by Austrian authorities in 1807. Notable visitors have included Jan Matejko, Henryk Sienkiewicz, Helena Modrzejewska, and Jan Kiepura. Krynica-Zdrój is also closely associated with Nikifor, the famous primitivist painter. Key landmarks include the Church of the Transfiguration of the Lord (1887–1892), the Old Spa House (1889), and the wooden „Chinese" pavilion built in 1808, now serving as a summer mineral water pump room. Along the Kryniczanka stream, you can also find historic 19th-century wooden villas, such as „Biała Róża" (White Rose), „Biały Orzeł" (White Eagle), and „Romanówka".

Church in Powroźnik

This is the oldest wooden church in the Beskid Sądecki region, preserved in excellent condition. It was built between 1604 and 1606 and is dedicated to St. James the Less, Apostle. Originally a Greek Catholic church, it now serves as a Roman Catholic church. In 2013, it was inscribed on the UNESCO World Heritage List. The church is part of the Wooden Architecture Route of Małopolska.

Castle in Rytro

A medieval castle located on a hill above the Poprad River, built probably at the turn of the 13th and 14th centuries. Today, parts of the walls and a tower remain. From the ruins, there is a magnificent view of Rytro, the Poprad Valley, and the Radziejowa mountain range.

Museum in Muszyna

The regional museum „Muszyna State" is housed in a small manor, a reconstruction of a historic 18th-century building commonly referred to as „The Inn." It features an exhibition dedicated to the history of the region.

Ruins of the Castle in Rytro

Local Products

“Śliwowica łącka”
A very strong alcoholic beverage made from plums, originating from the Łącko area. Its history likely dates back to the 17th century. This traditional product bears the slogan on its bottles: „Daje krzepę, krasi lica, nasza łącka Śliwowica” (“It gives you strength and a rosy glow, our Łącko Śliwowica”). It is one of the most popular local specialties purchased by tourists.

Sheep’s Cheeses
Cheeses made from sheep’s milk by local shepherds and producers. Notable for their exceptional flavor are varieties such as bundz, bryndza, and aged cheeses. These cheeses are available for purchase at many locations throughout the Park.

Sądecki Honeydew Honey
A liquid or crystallized honey primarily collected by bees from coniferous trees. It has a dark green or dark brown colour and is characterized by a distinctive spicy, sharp flavor. The tradition of producing this honey in the region dates back to the 13th century. It is listed as a traditional product.

Łomnica Pierogi (dumplings)
Also known as „hairy dumplings” (kluski kudłate), these pierogi have been made in Łomnica-Zdrój and its surroundings for over a century. They are prepared from potatoes and filled with white cheese, with a topping of fried bacon and lard. An annual festival celebrating Łomnica pierogi is held in Łomnica-Zdrój.

Łącko Apples
Delicious, flavourful, and juicy apple varieties. Their taste and aroma are attributed to the unique microclimate of the Łącko region. Orchards in this area were likely cultivated as early as the 12th century. Since 2005, Łącko apples have been listed as a traditional product.

Nature Trails

Las Lipowy Obrożyska

A nature trail located within the „Las Lipowy Obrożyska" Nature Reserve, near Muszyna. The trail is open to the public, well-marked, and takes approximately 2.5 hours to complete. It features seven stops with educational boards providing detailed information about the local environment, particularly forest habitats, tree stands, and tree-forming species. Descriptions include small-leaved lime, fir, beech, hornbeam, larch, and other tree species and forest undergrowth plants. Visitors should remember that the trail is within a nature reserve, and walking is restricted to designated paths.

Board on the Nature Trail in Obrożyska

"Rogasiowy" Trail

The trail is situated in the picturesque Roztoka Valley, west of the centre of Rytro. It follows the Roztoka Wielka and Roztoka Mała streams and nearby ridges, passing close to the „Baniska" Nature Reserve. Along the trail, visitors can explore typical habitats and species of the Poprad Landscape Park, as well as features of inanimate nature.

Notable sights along the trail include two springs, „Katarzyna" and „Rogaś", and a small, old quarry inhabited by interesting amphibian and reptile species. The area is covered with extensive fir-beech-spruce forests. Hikers may easily spot a roe deer or hear the chirping of local birds. Educational boards along the trail provide information about the local flora, fauna, and geology.

"Szlakiem Leśnych" Trail

The „Szlakiem Leśnych" Nature and History Trail begins in Wola Krogulecka and leads through ridges, meadows, and forests to the Poprad Valley. The trail was created to showcase the rich natural environment of the picturesque Barcice area and its surrounding hills. At the same time, it highlights significant historical events related to the activities of partisan units that operated in these forests during World War II and the post-war years from 1945 to 1955.

Turystyka aktywna

On foot

The Poprad Landscape Park features an extensive network of hiking trails. Depending on your fitness level and available time, you can explore a specific area or embark on a longer trek.

- **Blue Trail:** Leluchów – Powroźnik 11.3 km – Krynica-Zdrój 20.6 km – Przełęcz Krzyżowa 22.7 km – Runek 29.1 km – Pusta Wielka 35.7 km – Żegiestów-Zdrój 42.5 km
- **Yellow Trail:** Muszynka – Okopy Konfederatów Barskich 2.4 km – Wojkowa 9.3 km – Muszyna 19.1 km – Szczawnik 24.0 km – Pusta Wielka 28.6 km – Żegiestów-Zdrój 35.3 km
- **Green Trail:** Wysowa – Huzary 12.7 km – Krynica-Zdrój 16.3 km – Przełęcz Krzyżowa 18.1 km – Jaworzyna Krynicka 21.9 km – Muszyna 30.4 km
- **Black Trail:** Tylicz – Huzary 3.5 km – Krynica-Zdrój (Roma) 4.6 km
- **Yellow Trail:** Krynica-Zdrój – Przełęcz Krzyżowa 2.2 km – road 7.9 km – Huzary 13.2 km – Krynica-Zdrój 17.0 km
- **Red Trail** (Główny Szlak Beskidzki - Main Beskids Trail): Mochnaczka Niżna – Huzary 3.7 km – Krynica-Zdrój 7.5 km – Jaworzyna Krynicka 15.9 km – Runek 19.8 km – Hala Łabowska 26.6 km – Hala Pisana 30.4 km – Rytro 38.2 km – Niemcowa 44.8 km – Wielki Rogacz 47.9 km – Przehyba 54.6 km – Przełęcz Przysłop 60.1 km – Dzwonkówka 61,6 km – Krościenko nad Dunajcem 66,5 km
- **Black Trail:** Wierchomla Wielka – Bacówka PTTK nad Wierchomlą 3.8 km
- **Blue Trail:** Piwniczna-Zdrój – Łomnica-Zdrój 3.3 km – Hala Łabowska 9.3 km – Łabowa 18.1 km
- **Yellow Trail:** Frycowa – Hala Pisana 10.0 km – Piwniczna-Zdrój 16,9 km – Niemcowa 23.0 km
- **Green Trail:** Nowy Sącz – Wilcze Doły 13.9 km – Trail Intersection near Makowica 17,7 km
- **Blue Trail:** Barcice – Potok Życzanowski 6.1 km – Trail Intersection near Makowica 10.2 km

- Yellow Trail: Łomnica-Zdrój train station – Łomnica-Zdrój 3.7 km – Hala Łabowska 11.1 km
- **Green Trail:** Barcice – Wdżary 6.6 km
- **Blue Trail:** Rytro – Wdżary 5.7 km – Przehyba 10.3 km – Sewerynówka 16.0 km – Szczawnica 19.4 km
- **Red Trail:** Piwniczna-Zdrój – Obidza 9.1 km – Jaworki 17.1 km
- **Green Trail:** Piwniczna-Zdrój – Obidza 10.8 km
- **Blue Trail:** Wielki Rogacz – Obidza 2.8 – Przełęcz Rozdziela 6.7 km – Szafranówka 18.8 km
- **Yellow Trail:** Stary Sącz – Przysietnica 6.9 – Wielka Przehyba 14.5 km
- Green Trail: Jazowsko – Przehyba 10.2 km – Szczawnica 19.4 km
- **Yellow Trail:** Łącko – Jaworzynka 8.3 – Dzwonkówka 12.9 km – Bereśnik 16.5 km – Szczawnica 19.3 km – Szafranówka 20.7 km
- **Green Trail:** Tylmanowa – Jaworzynka 5.1 km

By bike

The Park also features numerous cycling trails. Due to the mountainous terrain, these routes are classified as moderately difficult to difficult. Most trails run along the Poprad Valley or branch off into smaller valleys and higher mountain areas.

- **Carpathian Cycling Trail (Red Route)**: Nowy Sącz – Rytro – Piwniczna-Zdrój – Żegiestów-Zdrój – Muszyna – Leluchów Transboundary Cycling Trail (Blue Route): Muszyna – Powroźnik – Tylicz – Wysowa
- **Green Trail:** Czaczów – Składziste – Hala Łabowska – Runek – Wierchomla Wielka
- **Green Trail:** Kosarzyska – Niemcowa – Wielki Rogacz – Obidza – Przełęcz Rozdziela – Jaworki
- **Blue Trail:** Rytro – Wielki Rogacz
- R**oyal Cycling Trail (Green Route)**: Stary Sącz – Przysietnica – Gołkowice – Łazy Brzyńskie – Przełęcz Przysłop
- **Black Trail:** Szczawnica – dolina Sopotnickiego Potoku – dolina Jastrzębiego Potoku – Szczawnica
- B**lue Trail:** Szczawnik – Bacówka PTTK nad Wierchomlą – Runek – Szczawnik
- **Black Trail:** Piwniczna-Zdrój – Kokuszka – Groń – Piwniczna-Zdrój
- **Blue Trail:** Piwniczna-Zdrój – Obidza

Running

NAlthough there are no marked running trails in the Park, this should not deter enthusiasts of this activity. With good physical fitness, runners can use the marked mountain hiking trails. Additionally, flat routes can be found along the Poprad Valley, Muszynka Valley, Wierchomlanka Valley, Sopotnicki Stream Valley, or on the paths of Parkowa Mountain in Krynica-Zdrój.

Krynica-Zdrój is closely associated with the Running Festival, one of the largest running events in Poland, attracting over 7,000 participants each September. The festival offers a variety of races for all levels of runners, from children's races along the Krynica Promenade to the „Życiowa Dycha" (10K) between Krynica-Zdrój and Muszyna, mountain runs up Parkowa Mountain and Jaworzyna Krynicka, the Koral Marathon (42.195 km), and the 7 Valleys Run (100 km).

In addition, Piwniczna-Zdrój has hosted the Polish Mountain Running Veterans Championship for several years, as part of the Mountain Marathon series.

Konno

Within the Park or near its borders, there are several small horse stables where visitors can go horseback riding or take riding lessons. These are located in Jaworki, Szczawnica (Sewerynówka), Gabonie, Piwniczna-Zdrój, Muszyna-Złockie, and Tylicz. Additionally, three marked horse-riding trails run through the Park, offering an excellent opportunity to explore the region on horseback.

Trans-Beskid Horse Trail: Jaworki – Obidza – Piwniczna-Zdrój – Hala Pisana – Hala Łabowska – Uhryń

Horse Trail of the Sądecki Beskid: Tylicz – Krynica-Zdrój – Słotwiny – Runek – Hala Łabowska – Hala Pisana – Makowica – Wola Krogulecka – Barcice – Przysietnica – Skałka – Przełęcz Przysłop – Dzwonkówka – Krościenko nad Dunajcem

Horse Trail through the Leluchowskie Mountains: Wojkowa – Powroźnik – szczyt Dubne – Malnik – Dubne – Leluchów

Skiing

Winter sports enthusiasts will find plenty of opportunities within the Park. The area offers excellent conditions for both cross-country skiing and downhill skiing.

For cross-country skiing fans, there are numerous marked trails running along the main ridge of the Beskid Sądecki and descending into villages located in the Poprad Valley.

Downhill skiers can choose from several large ski stations within or just outside the Park's boundaries. These include Krynica-Zdrój (Jaworzyna Krynicka Ski Station), Słotwiny, Tylicz, Wierchomla Mała and Szczawnik (Dwie Doliny Muszyna-Wierchomla Ski Station), Kokuszka, Rytro (Ryterski Raj Ski Station), Sucha Dolina, Krościenko nad Dunajcem, and Szczawnica.

Trail for You

Piwniczna-Zdrój – Łomnica-Zdrój 3.3 km – Hala Łabowska 9.3 km – Wierch nad Kamieniem 10.9 km – Hala Pisana 13.1 km – Groń 15.5 km – Piwniczna-Zdrój 20.8 km

This 20.8 km trail is moderately difficult, ideal for a full-day hike, and far from major tourist traffic. Along the way, you'll find not only several natural attractions but also tranquility, silence, and beautiful views.

Starting in Piwniczna-Zdrój, follow the blue trail to the small Bucznik peak, which offers a lovely view of the Poprad Valley and Łomniczanka Valley. Descend to Łomnica-Zdrój, where you can explore geological attractions, such as a rock exposure in the Łomniczanka streambed, a small waterfall, and several mineral water springs. From Łomnica-Zdrój, begin a challenging climb to Hala Łabowska. Just before the steepest ascent, you'll encounter a picturesque waterfall. At Hala Łabowska, you can rest after the demanding climb at the mountain shelter located there. Continue west along the red trail. A short detour to the north leads to the „Devil's Walls" (Diabelskie Ściany) and sandstone rock formations made of Magura sandstones. A few hundred metres further, you'll find an old, obscured landslide with associated rock formations and caves. As you progress through the beech forest, you'll pass the „Barnowiec" Nature Reserve. After Hala Pisana, switch to the yellow trail for the descent back to Piwniczna-Zdrój, completing the loop where your journey began.

Łącko
Nawojowa
Ośrodek Edukacji Ekologicznej
Łabowa
Uście Gorlickie
Ochotnica Dolna
Wola Krogulecka
Kłodne nad Dunajcem
Rytro
Łabowiec
Barnowiec
Uhryń
Pusta Wielka
Łosie
PIWNICZNA-ZDRÓJ
Baniska
Krościenko nad Dunajcem
Nad Kotelniczym Potokiem
Lembarczek
Słotwiny
Czorsztyn
Pieniński Park Narodowy
SZCZAWNICA
Wierchomla Wielka
Żebracze
KRYNICA-ZDRÓJ
Wierchomla
Jastrzębik
Okopy Konfederackie
Żegiestów
Złockie
SŁOWACJA
Zubrzyk
Szczawnik
Powroźnik
Wojkowa
Milik
Las
Andrzejówka
Lipowy
MUSZYNA
Hajnik
Obrożyska
Dubne
Leluchów
N
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LEGENDA
Obiekty zabytkowe:
ruiny zamku
budynek mieszk.
budynek użyt. publ.
kościół rzym.-kat.
cerkiew
kaplica
układ przestrzenny
mała architektura
Obiekty przyrodnicze:
rezerwaty przyrody

Poprad Landscape Park

Małopolska Landscape Parks Complex
ul. Vetulaniego 1A, 31-227 Kraków
www.zpkwm.pl www.facebook.com/zpkwm/

eko MAŁOPOLSKA

ZESPÓŁ PARKÓW KRAJOBRAZOWYCH
WOJEWÓDZTWA MAŁOPOLSKIEGO
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